



At the end of each day, spend 5 minutes reflecting on all your activities for the day. Relax and really concentrate on your mental, emotional and social response to all the things you have done.

At the end of your reflection, make two lists.

- 1) Things that were rewarding, fun and fulfilling to me
- 2) Things that were draining, miserable and debilitating to me

My Week

2014

Your name:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday